



## *SIPPICAN SOUNDINGS*

News from the Marion Council on Aging **October 2013**

The Marion Council on Aging's mission is to advocate on behalf of Marion's Older Adult population. The Council on Aging strives to enhance the quality of life for Older Adults in the community by providing educational, recreational, and cultural programs and activities.

Marion Council on Aging  
2 Spring St.  
Marion, MA 02738  
508 748-3570  
Fax: 508 748-2845

Monday, Wednesday & Thursday 8:00-1:00  
Tuesday & Friday 9:00 - 1:00 or appt.  
Visit us on line @ [www.marionma.gov](http://www.marionma.gov)

Susan J. Schwager, Director  
Ora Mae Torres, Outreach  
[sschwager@marionma.gov](mailto:sschwager@marionma.gov)

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### **EATING WELL AS YOU AGE—QUIZ**

**True or False: As you become older and less active, you need fewer nutrients.**

**False:** As you grow older, you may need fewer calories, particularly if you are less active than when you were younger, but you still need nutrients for good health. And you may need more of certain nutrients.

**True or False: Getting enough fluids can be a problem as you grow older because you may not be able to tell as easily when you're thirsty.**

**True:** Some of your sense of thirst may be lost with age. If you're drinking enough fluids, your urine will be pale yellow. If it's bright or dark yellow, that means you need to drink more liquids. Drinking water not only keeps you hydrated it can give you more energy, help to better cushion your joints, help to regulate your body temperature and help your body remove waste products.

**True or False: Only women need calcium and vitamin D to protect bone strength.**

**False:** Older men can also have problems with bone strength. Exercise, calcium, and vitamin D can protect bone strength.

**True or False: Your sense of taste and smell can change with age.**

**True:** Foods often taste different as we age because aging can affect the sense of taste and smell. Medicines can also change the way foods taste. This can both change your appetite and make it more difficult to tell when food is spoiled. Be extra careful about how your food is prepared and stored to protect your health.

**True or False: You should let hot foods cool before putting them in the refrigerator.**

**False:** Putting hot foods into your refrigerator as soon as possible keeps bacteria from growing in food. Mark the container and keep leftovers for only three days.

**HEALTH & WELLNESS****YMCA**

Tuesday and Thursday—pick up at 10:00 and return at 12:30. Scholarships are available.

**STEP & STRETCH**

Tuesday and Thursday 1-2 pm at the Rochester COA. Transportation provided.

**SENIOR STRETCH**

Tuesday, Thursday & Friday 9:30-10:30 @ First Congregational Church Fellowship Hall. Sponsored by Friends of Marion Visiting Nurse. 10 week sessions \$45.00. (Try once for free) Sign up for one, two or three days.

**LOW IMPACT AEROBICS**

Mondays & Fridays at Atlantis Drive Facility from 9:30-10:30. Cardio, strength, flexibility \$4.00.

**PUBLIC HEALTH NURSE**

Nurse is available for health consultation, Blood Pressure & Glucose monitoring, wound assessment and routine adult vaccinations on Mondays @ Town Hall from 9:30-11:30 am. The nurse is available by appointment Tuesday—Friday.

**MEALS ON WHEELS**

Delivered weekly to home bound elders.

**PODIATRY CLINIC**

Next clinic is October 21st. Call for appointment.

**SOCIAL DAY PROGRAM**

Monday—Friday to the Fairhaven Social Day Program. Pick up begins @ 7:45 am, and return @ 2:30 pm.

**MEDICAL EQUIPMENT**

Walkers, bath seats, commodes, etc. Free loan.

**FRIENDSHIP TABLE**

Free meal at St. Gabriel's Church in Marion, 1st Thursday and the 3rd Thursday at the Congregational Church Community Center at 5:00.

**SHINE COUNSELOR**

**(Serving Health Information Needs of Elders)**

Medicare Open Enrollment is October 15– December 7. Medicare plans change every year. This is the time to choose and review your coverage for 2014. Call the COA for appointment.

**TRANSPORTATION**

You must call at least 48 hours in advance.

**MEDICAL APPOINTMENTS:**

**Wareham** area Monday am & Thursday pm.

**Dartmouth & N. Bedford** Monday pm & Thursday am.

**Plymouth** on the 4th Tuesday of the month. **Boston** on the 1st & 3rd Tuesday of the month.

**SHOPPING:** Every Wednesday, Market Basket—pick up at 12:30. Alternate Fridays to Shaws in Wareham and Fairhaven Marts, pick up 12:30.

If you have other errands please arrange those with the above schedule.

Donations are appreciated.

**OUTREACH WORKER**

Outreach Worker is available to meet in your home or at the COA office at Town Hall to assist with information, referrals, or assistance with applications. Call for appointment. **The building is Handicap Accessible** via a ramp which is located at the rear of the building.

**Emergency Funds** for Marion residents in need of emergency services such as food, fuel, utilities, medications.

**NEWSLETTER ON LINE**

Please send your email address to: [sschwager@marionma.gov](mailto:sschwager@marionma.gov). Due to the cost of postage and printing the newsletter will only be mailed to those who request it beginning in January. You may also access the newsletter on line at the Town website. The newsletter is also available at the following locations: Eastern Bank, The General Store, Library, Converse Realty, post office, and Hillers Fuel.

**SPEAKER SERIES**

The series begins again this month on Oct. 2nd at the Marion Police Station. The topic is **Medicare 101**. The series will begin at 12:00 noon. Please note the change in time. Bring your lunch and we will provide the beverage and dessert.

**BOOK DELIVERY**

The COA is collaborating with the Elizabeth Taber Library to offer free delivery of books to home bound residents. Please call the library at 508 748-1252.

**LEGAL ASSISTANCE**

The second Thursday of the month. Basic legal advice. Appointments are needed.



### Marion Council on Aging Gets New Van

By Joan Hartnett-Barry

The 8 passenger Type E Ford van was awarded to the town by the Massachusetts Department of Transportation (MassDOT) and Coastline Elderly Services, which assisted in the paperwork in qualifying and securing the new vehicle. The new vehicle brings the fleet up to three vans.

“This isn’t just a van, it’s a social opportunity,” said Susan Schwager, Marion COA Director, “this van brings people together with friends to get out and live their lives.” According to Schwager, many elder adults who no longer drive find friendship and happi-

ness in taking the van to grocery shop, planned outings and otherwise get up and get out of the house.

The Council on Aging contributed 20% of the cost of the van while the State Department of Transportation funded the remaining 80%.

According to Marion COA Director Susan Schwager, the number of older adults age 60 and up increased in 2012 from 1513 to 1635. “We expect to continue to see increases in the number and types of services provided by the COA so that Marion older adults will be able to continue to age in place and remain in their homes,” said Schwager.

The COA vans provided over 5,996 rides in 2012 which is an increase of 733 rides or 14% increase over the 2011 figures. In addition to rides, van driver Paul Garib, delivered over 5,340 meals in 2012. Paul is enthusiastic about the new van stating that “it handles well” and provides a good ride.

The primary goal is to provide transportation for medical appointments and food shopping. Other excursions and extended shopping trips are planned throughout the year as time allows. The COA is fortunate to have drivers, Paul Garib and Norman Johnson as part of the team.

## OCTOBER BIRTHDAY GREETINGS TO:

- |   |   |   |   |
|---|---|---|---|
| <p>1. Peter Wallace<br/>Francis Leblanc<br/>Donald Knott<br/>David Cederlund</p>  | <p>10. Rose Cutler<br/>John Menzel<br/>Donna Cordeiro-Tobin</p>   | <p>19. Sandra Bailey<br/>Ann Blandin<br/>Bernard Bowers<br/>Harry Shoemaker</p>                                     | <p>26. Catherine Browne<br/>Sheila Magnet<br/>Gary Cosman<br/>Janice Daggett</p>  |
| <p>2. Florence Monteiro<br/>Joan Roller<br/>Barbara Shingleton<br/>Marlene Souza<br/>Frederic Rosiak<br/>Mary Robblee</p> | <p>11. William Kennedy<br/>Lorna Eames<br/>Caroline Horton</p>  | <p>20. Barbara Dadagian<br/>Roland Paradis<br/>Nancy Moore</p>  | <p>Ann Fernandes<br/>Eizie Munnell<br/>Linda Goodwin<br/>Helen Sittler<br/>Robert Smagacz<br/>Paul Wynn</p>   |
| <p>3. Robert Demeo<br/>Joe Webster<br/>Lisa Anderson<br/>George Unhoch<br/>Doug Menard</p>                                | <p>12. Ruth Hall<br/>Dennis Giokas<br/>Dennis Giokas<br/>Margaret Dwyer</p>   | <p>21. Betsy Dunn<br/>Marie Gerald<br/>Michael Rose<br/>Karen Palmer-Laine<br/>Fern Flynn<br/>Dorothy Delorenzo</p> | <p>27. Boulding Burbank<br/>John Carlson<br/>Priscilla Wynne</p>  |
| <p>4. Robert Hanafee<br/>Joanne Young</p>   | <p>13. Robert Bell<br/>Ann Carney<br/>Nancy Dickson<br/>Fatima Barrett<br/>Stephen Morss<br/>Elizabeth Weinberg</p>   | <p>22. Ed Cooney<br/>James Bento<br/>Roseann Stoehr<br/>Bob Dion<br/>Leola Medina<br/>Claire Tetreault</p>          | <p>28. John Carlson<br/>Priscilla Wynne<br/>Robert Kalasinsky<br/>Annie Nye<br/>Dorothy Deb<br/>Deborah Gunschel<br/>Joan Jepson<br/>Donna Smith</p>  |
| <p>5. Doug Watson<br/>Betty Shaw<br/>Carolyn Eames</p>  | <p>14. Judith Carver<br/>Mark Epstein<br/>Lloyd Morea<br/>James Meere<br/>Ed Figueiredo</p>                           | <p>23. Patricia Pimental<br/>Nada Brooks</p>  | <p>29. Robert Kalasinsky<br/>Annie Nye<br/>Dorothy Deb<br/>Deborah Gunschel<br/>Joan Jepson<br/>Donna Smith<br/>Richard Tobin<br/>Vasana Greene<br/>Susan Warner<br/>Hannelore Maxim<br/>Joan Smith<br/>Lillian Snead</p> |
| <p>6. Richard Jardin<br/>Mark Gates<br/>Brenda Barnes<br/>Fatima Figueiredo<br/>Robert Nissen</p>                         | <p>15. Janice Birdsall<br/>Barbara Sanderson<br/>Lawrence Dorman<br/>Jeffrey Osborn<br/>Sal Scarpato</p>              | <p>24. Adeline Donato<br/>Priscilla Bradley<br/>Elizabeth Farrel<br/>Hal Slotnick<br/>Milton Weiner</p>             |   |
| <p>7. Richard Kilroy<br/>Sandra Beck<br/>Carl Sylvia</p>  | <p>16. Sam Francis<br/>Ed Byrnes<br/>Joseph Mitchell III<br/>Florence Savery<br/>Ellen Hanigan<br/>Arthur Seifert</p> | <p>25. Sharon Matzek<br/>Terese Walsh<br/>Joseph Lasky</p>  |   |
| <p>8. Catherine Cook<br/>Maud Linde<br/>Joseph Mcdonough<br/>Don Bacon</p>  | <p>17. Steven Robbins<br/>Virginia Hathaway<br/>Peter Francis<br/>George Taylor III</p>                               |   |   |
| <p>9. Barbara Bergold<br/>Eugene Dalgewicz<br/>Gary Grainger<br/>Albert Pina<br/>Ellen Ogilvie<br/>Nancy Putnam</p>       | <p>18. Theresa Arruda<br/>Kathryne Reynolds</p>   |   |   |



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